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Your essential daily news | MONDAY, JULY 11, 2016

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Still searching for Thelma Krull



A police handout of Thelma Krull from when she went missing on July 11, 2015.

Briefing to take place on anniversary of when the local mother went missing



Stephanie Taylor
Metro | Winnipeg

On July 11, 2015, Thelma Krull went for a walk and never came home.

Her daughter Lisa Besser told the press last summer it was not unusual for her mother to go on long walks but the family grew suspicious when she failed to show up for her grandson's birthday party. That's when police were called.

One year later, police have yet to release new information or confirm what happened to the 57-year-old, but an update is expected.

News of her disappearance resulted in days of volunteers spending hours postering the northeast part of the city and searching for clues, turning up more questions than answers.

To date, the only shred of evidence uncovered that the public is aware of was Krull's glasses being discovered on the grounds of the Valley Gardens Community Centre a few days after she vanished.

Krull's disappearance is still considered a missing persons case.

Police spokesperson Const. Rob Carver said since Monday is the anniversary of her disappearance, the lead investigator on Krull's case

will provide an update on the investigation.

Carver said Sgt. Wes Rommel is a detective who was assigned the file because the unit is the best resourced to handle this type of investigation. He said the briefing will take place Monday at 11 a.m. in the Kildonan area, where she was last seen.

Though he was tight-lipped on the contents of Monday's update, part of the message will be a call out to witnesses or people with information about Krull's disappearance to come forward. Carver said that often, solving missing persons cases relies on witnesses breaking

their silence and reporting what they saw or know.

He said Krull's family is expected to attend, but over the weekend a spokesperson for the family declined comment when contacted by Metro.

A group of family, friends and others impacted by Krull's disappearance will gather Monday for a vigil at Kimberley Hill Park at 8:30 p.m.

On a Facebook page dedicated to her disappearance, numerous users offer sympathies and share pictures in hopes Krull will be found. "It's time we bring her home to her loved ones," one image reads.



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'We are ready to give back'

NEWCOMERS

Syrian refugee community saying thanks with barbecue



Shane Gibson
For Metro | Winnipeg

Refugees who now call Winnipeg home after fleeing the crisis in Syria are planning to spend the summer saying thank you to the city and country they say has welcomed them with open arms.

Nour Ali was among the first Syrians displaced by the conflict to arrive in Winnipeg three-and-a-half years ago.

He was soon joined by his wife Maysoun Darweesh and the pair have spent nearly all their free time helping the wave of others refugees from Syria to settle in the province.

Now they're helping to organize a series of events they hope will help the new community both show their appreciation and let Winnipeggers know a little bit more about the culture they bring with them.

"The day we arrived in Winnipeg we didn't know anybody but there were many people waiting at the airport to welcome us and ask how they could help us," said Ali, who volunteers as the refugees committee director for the Kurdish Association of Manitoba Inc.

"It might have been little bit cold outside, but everyone here



Members of the city's Syrian refugee community, including (from left) Karwan Kahil, Shler Ali, Maysoun Darweesh, and Nour Ali are planning a series of events this summer to say thank you to Winnipeggers. SHANE GIBSON/FOR METRO

“When we say barbecue in Syria it means non-stop partying, having fun, and non-stop eating.”

Maysoun Darweesh

has had such a warm heart.

"Now we want the Canadian people to know we are ready to give back."

The group will start giving back Monday by donating blood with Canadian Blood Services.

Ali's sister Shler and her husband Karwan Kahil only just arrived in Winnipeg a little over a month ago, but they'll be among the 25 or so who

will roll up their sleeves to give blood.

"We thought why not?" said Kahil, who in the short time he's been in Winnipeg has also helped organize soccer matches between Syrians and Winnipeggers, including a game Canada Day against a squad made up of members of the Canadian forces.

Ali and Darweesh say their ultimate goal is to connect and

help integrate the burgeoning community of Syrian refugees with the city, the province, and the rest of Canada.

"We are Syrian-Canadians now," said Darweesh, who works as a settlement counsellor at Welcome Place.

"We have a big responsibility towards our people to see them successful and to also give them a chance to start up, to start again."

In the coming weeks Ali say Winnipeggers can expect to see a group of more than a hundred Syrians taking a day to clean the streets of the downtown, and later helping to

serve at Siloam Mission.

To wrap up the summer of gratitude the group is planning a free barbecue open to all Winnipeggers.

And the barbecue they've got planned isn't any old weenie roast, says Darweesh.

"Syrian barbecues are not like Canadian barbecues," she said.

"We will start early in the morning and finish at 10 or 11 at night — it's non-stop barbecuing."

"When we say barbecue in Syria it means non-stop partying, having fun, and non-stop eating."

CRIME

Police identify fire victims



Stephanie Taylor
Metro | Winnipeg

Winnipeg police have released the names of the man and woman who died in a house fire in North Point Douglas.

Police say John McKinnon Bendon, 61 and Brenda Campbell, 51, both died when a three-storey rooming house at 186 Austin Street caught fire overnight Thursday.

Emergency crews were called to the scene around 1:40 a.m., and reported there were at least 15 people in the home at the time, according to police.

Police spokesperson Const. Rob Carver said last week four of those occupants were taken to hospital where two later died.

The other victims are listed in stable condition, he said.

Over the weekend, police announced they were investigating the incident as a homicide.

ROADS

Winnipeg cyclist dies after being hit by vehicle

Winnipeg police say an 87-year-old cyclist is dead after being struck by a construction vehicle over the weekend.

Police said the victim was pronounced dead at the scene, and the driver isn't expected to face charges. METRO

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Steinbach Pride

Police estimate at least 3,000 people showed up on Saturday for Steinbach's first-ever Pride march.



TREVOR HAGAN/THE CANADIAN PRESS

1 Message from Trudeau

MP Dan Vandal delivers a message from Prime Minister Justin Trudeau to thousands of people attending the first Pride march in Steinbach, Man., on Saturday.

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TREVOR HAGAN/THE CANADIAN PRESS

2 First march

Thousands of people attend the first Pride march in Steinbach, Man. on Saturday.



TREVOR HAGAN/THE CANADIAN PRESS

3 United front

Marchers express their feelings at the first Pride march in Steinbach, Man.



TREVOR HAGAN/THE CANADIAN PRESS

4 Absent

The absence of Member of Parliament Ted Falk and provincial MLA Kelvin Goertzen was sharply criticized leading up to Saturday's.



TREVOR HAGAN/THE CANADIAN PRESS

5 Mix of participants

Attendees were a mix of locals, those who made the 60-kilometre drive from Winnipeg and others who had come from as far as Ottawa and Toronto.



Organizers Michelle McHale and Karen Phillips led thousands of people who attended the first Pride march in Steinbach, Manitoba, Saturday. TREVOR HAGAN/THE CANADIAN PRESS

Pride parade draws crowd

INCLUSIVITY

The first event of its kind in Steinbach gets warm welcome

A former member of a religious colony told the first Pride parade ever held in the small Manitoba city of Steinbach how important it is for gay people to speak up and share their stories.

"I expose my life so that others can know that they are not alone.... They too deserve a happy, fulfilling life," said Tyrone Hofer before a cheering crowd.

Hofer, a former member of a conservative colony of Hutterian Brethren, said he wished he'd had someone to talk to as he was growing up and struggling with his sexual identity. That's why, he said, he and other openly gay Hutterites are now speaking publicly.

"Instead of asking yourself, 'what would Jesus do?', ask yourself, 'what did Jesus do?'" he said.

RCMP estimated 3,000 people attended the Pride march, far higher than the anticipated 1,000. Police had to open a second street to accommodate everyone.

The city's population is

roughly 14,000.

Attendees were a mix of locals, those who made the 60-kilometre drive from Winnipeg and others who had come from as far as Ottawa and Toronto.

There were no overt signs of religious or anti-gay protest.

Marchers — who included members of the military as well as red serge-clad Mounties — gathered in a local park before walking a short distance to City Hall to hear strong and sometimes emotional messages of support for local LGBTQ people.

Some spoke openly of the pain and isolation they felt in a small, conservative area often dubbed Manitoba's Bible Belt.

Hofer left his southern Manitoba colony five years ago because he was gay.

"For gays ... it was extremely difficult," he said. "What I found most challenging was listening to what people were saying about gay people — about me."

Michelle McHale, one of the organizers of Saturday's parade, became

active when her child was bullied because of McHale's same-sex partner.

McHale said the larger than expected turnout sends the message to politicians that "change needs to happen."

"For people to come out in this many numbers — it can't be ignored." THE CANADIAN PRESS

UNIVERSITY OF MANITOBA

Students' skilled bots show off at RoboCup



A team of soccer playing robots from the University of Manitoba can count themselves among the best metallic soccer players in the world.

Students from the school's computer science department joined researchers from an Iranian university to build fully autonomous robots to compete

in this year's RoboCup — the world's largest competition for intelligent soccer robots — held June 30 to July 5 in Leipzig, Germany.

The team took home a third-place trophy for their on-the-field play and won the top prize in the technical challenge competition.

"This is the World Cup for robots," said Professor John Anderson, co-director of the Autonomous Agents Laboratory at the U of M's Department of Computer Science. "And the robots have to

be autonomous which means nobody touches them once the game starts."

The squad competed in the Humanoid League Teen Size division at the competition which sees teams of two 1.4-metre tall robots square off against other teams from around the world with one robot normally minding the goal and the other fighting to put the ball into the opposing team's net.

The U of M team has spent the last three years developing soft-

ware to make the robots chase the ball around the field on their own — remote controls aren't allowed — while researchers from Amirkabir University of Technology in Tehran, Iran built the hardware.

The event began in 1996, and the school has sent a team every year since 2002.

Anderson said soccer was chosen for the competition because it's a sport that embodies much of the things developers are trying to get robots to do.



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Counting reveals cycling trends

TRANSPORTATION

Organizer hopes data leads to better infrastructure



Braeden Jones
Metro | Winnipeg

You can learn loads about a city's bike scene, and what it sorely needs, with a bit of counting.

For instance, it might be illegal, but Winnipeg cyclists are more likely to ride on the sidewalk than the roadway if it feels unsafe — as is the case on Main Street.

During rush hour on June 22,

surveyors participating in a city-wide bike count enumerated 284 cyclists who chose to stay out of traffic while only 132 were brave enough to ride amidst the cars.

A week later the tale was similar — surveyors saw 236 cyclists on the sidewalk and 138 on the roadway on June 29.

Jeremy Hull, who is currently working on an annual data report of cycling trends for cycling advocacy group Bike Winnipeg, said the sidewalk riding is “understandable” when there's no better option.

“They do it out of fear of riding on the streets, and that's understandable,” Hull said. “If there's a bet-

ter option, one that's legal and relatively safe, they'll take it.

“Separated bike lanes are the ones that people prefer.”

Previous reports he's produced show that separated bike lanes contributed to bike-traffic increases of 115 per cent or more on routes with new infrastructure, and a shift towards law-abiding, safe and more frequent riding coincides with bike lanes and paths from 2010 and subsequent years.

So not only would the illegal sidewalk biking stop altogether, but more people would choose to bike, since there is a safer way to do so.

Another simple counting exercise is telling of the way biking in Winnipeg is perceived.

The same surveyors who recently counted cyclists on Main Street and

others posted along Assiniboine Avenue — where one of the city's only protected bike lanes remains dissected by construction more than a year after it should have been fully opened — found that female cyclists are more likely to wear helmets, and there are more male cyclists in general.

In two days of peak-hour counting, the surveyors posted at each North/South street off Assiniboine Avenue saw 1,595 cyclists.

Of the cyclists counted, just about a quarter (385 cyclists or 24 per cent) went without helmets, and a resounding 75 per cent of the unprotected riders were male (290 cyclists).

This mirrors overall trends from some of Hull's previous bike-demographic reports that found roughly of 30 per cent of commuter cyclists in Winni-

peg are female, and 70 per cent are male — confirmed by the 2011 National Household Survey.

Hull speculates that it may be because women are more risk averse, and biking in Winnipeg still “looks like a risk.”

“It indicates that in the public mind there is a risk associated with cycling, and women are avoiding that risk more than men,” Hull said.

Surveyors have found people riding on the sidewalk are less likely to wear helmets — because it's implied the route is safer without risk from vehicle traffic, which comes back to the need for protected bike lanes.

“In a bike lane (as on a sidewalk),

you might not feel the risk as much,” Hull said.

Hull is currently gathering data from nearly 100 bike counts don't this year, “crunching the numbers,” and compiling his “Biking in Winnipeg 2016 report,” which he expects to complete later this summer.

While the city works at installing bike lanes through downtown, improving the crossing at Broadway and Main Street, and potentially mandating helmet use, some of Hull's data may carry more relevance into the fall sitting of city council than it has in past years.

An avid cyclist himself, Hull said he's happy to “share (data) with the city,” especially when the numbers tell a story that could lead to improvements in Winnipeg's active transportation infrastructure.



They (ride on the sidewalk) out of fear of riding on the streets, and that's understandable. Jeremy Hull

BY THE NUMBERS | WINNIPEGGERS ON WHEELS

This data was collected by volunteers in a series of recent city-wide bike counts. The data will be used to compile a 2016 edition of a report about biking in Winnipeg, which tracks trends that could be used to help change cycling infrastructure for the better in our city, organizers says.

1 Sidewalks v.s. Streets: During rush hour on Main Street on June 22, volunteers counted that **284 cyclists chose to ride on sidewalks** rather than streets, compared to **132 cyclists who tested their luck in traffic.**



= 10 Bikes on the sidewalk



= 10 Bikes on the road

2 Only about 1/4 of cyclists counted by volunteers rode with helmets. Around 75 per cent of those who decided to ride unprotected were men.



3 Data shows 30 per cent of cyclists are women and 70 per cent are men.



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Island gets 'Trump bump'

TOURISM

Cape Breton sees spike in bookings and website traffic

A Nova Scotia island being touted as a haven for Americans unhappy with the prospect of a Donald Trump presidency has seen more than a threefold increase in traffic to its tourism website this year, translating into around 3,500 bookings.

Cape Breton hotels and B&Bs sold 30 per cent more overnight stays in rooms this April compared to the same month last year, according to Nova Scotia tourism.

Mary Tulle, CEO of Destination Cape Breton, says since the so-called "Trump Bump," the tourism association needs at least two full-time staff members just to keep up with online and phone inquiries.

"I think what we've really tried to do is seize the privilege we've been given," Tulle said in an interview. "It really was quite a unique tumbleweed of activity."



Rob Calabrese, creator of the website cbiftrumpwins.com, responds to questions from CNN reporter Paula Newton in Sydney, N.S. Tuesday. VAUGHAN MERCHANT/THE CANADIAN PRESS

Cape Breton was thrust into the spotlight in February when local radio host Rob Calabrese set up a website pitching the region as a charming, Trump-free paradise that embraced visitors from the other side of

the border rather than putting up walls, a reference to Trump's proposal to put a wall on the border with Mexico.

The "Cape Breton if Donald Trump Wins" site went viral and set off an international

media frenzy, including a video report aired by cable news giant CNN.

Tulle says the unprecedented interest in Cape Breton has attracted around 1.5 million page views on the website, about a

"I think what we've really tried to do is seize the privilege we've been given."

Mary Tulle

third of the clicks from curious Americans.

The tourism association even launched a companion site with information on how Americans who wouldn't want to stay in the U.S. if Trump became president can move to Canada and start a new life in Cape Breton.

Last month, Tulle sent President Barack Obama a handwritten invitation to Cape Breton as thanks after he gave the island a shout-out during Prime Minister Justin Trudeau's White House state dinner in March.

Along with the letter, Tulle sent locally made handbags for Michelle Obama and daughters Sasha and Malia.

She included a gift for the president as well — a golf shirt from Cabot Cliffs links near Iverness.

THE CANADIAN PRESS

QUEBEC

More pairs want family to officiate weddings

While Quebecers aren't renowned for tying the knot, more of the couples who do choose to marry are saying "I do" in front of a family member or friend instead of a clergy member.

A recent report by the province's statistics institute found that a quarter of opposite-sex couples chose a "designated person" to officiate their wedding ceremonies in 2015 — a number that's on the rise, according to the study's lead author.

"It's really an upward tendency that has never slowed," Anne Binette Charbonneau said. "It's come mainly at the expense of ministers and religious marriages, which have seen their share decline during the same period."

Quebec introduced a law in 2002 making it relatively simple for someone who is close to a couple to be authorized by the justice minister to perform a single marriage ceremony.

THE CANADIAN PRESS



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	POSTMARK BREWING	\$6.28	650ml	#20531	BALANCED FLAVOURED	BC
	YUKON BREWING	\$6.99	650ml	#20596	BALANCED FLAVOURED	YK
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	MCAUSLAN BREWING	\$3.00	473ml	#20647	LIGHT FLAVOURED	QC

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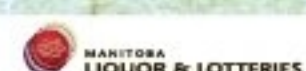
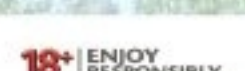
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Liberal may bring back prison farms

CORRECTIONS

Gaining life skills reduces recidivism, says former inmate

Pat Kincaid credits the dairy cows on a now-shuttered prison farm in Ontario with teaching him the skills he needed to break a life-long cycle of crime and incarceration.

The 65-year-old Kingston, Ont., resident, who has spent a total of 35 years behind bars for assaults, thefts and other property crimes, hopes other inmates get the chance to benefit from a program the federal Liberal government is now considering reopening.

"There's not a program in jail, even today, that can teach those skills that the cows have taught me by working with them," said Kincaid, who's been out of prison for seven years.

"The cows taught me patience and how to control my anger, and how to deal with

being upset ... I know it helped other inmates too."

The 2010 closure of the country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential skills the farms taught the participating inmates. There was also criticism that local community members had not been adequately consulted.

A town hall is also planned in Kingston at a yet-to-be-determined date, to allow local residents and other stakeholders to share their thoughts.

"If they could save another guy like me, they should keep that barn open," Kincaid said of the dairy farm where he once cleaned stalls, milked cows and helped birth calves. "It made my time go quick. I didn't even realize I was doing time when I was in the barn."

THE CANADIAN PRESS



Pat Kincaid in Kingston, Ont., on Friday. Kincaid served 4-1/2 years at the Frontenac Institution where he cared for 120 animals as part of the prison farm. LARS HAGBERG/THE CANADIAN PRESS



Auschwitz survivor Nate Leipziger embraces Prime Minister Justin Trudeau after presenting him with a book as director of the Auschwitz-Birkenau State Museum Dr. Piotr Cywinski, back left, and Rabbi Adam Scheier look on. PHOTOS: ADRIAN WYLD/THE CANADIAN PRESS



Trudeau stands in front of the Wall of Death after laying a wreath during the tour.



Trudeau walks through the main gate with Foreign Affairs Minister Stéphane Dion, second from right.

POLAND

Trudeau in emotional visit to Auschwitz

Prime Minister Justin Trudeau arrived in Ukraine after an emotional visit Sunday to the scene of one of the worst chapters in human history, the Auschwitz-Birkenau concentration camp, where he warned against intolerance and offered a message of love.

The blue skies and sunshine were a sharp contrast to the history of the camp as the prime minister walked past barbed wire fences and surveyed the gas chambers where more than one million people, mostly Jews,

were killed in the Second World War.

Trudeau was stone-faced through most of the visit as he was escorted by one of the camp's survivors, 88-year-old Nate Leipziger. But the prime minister couldn't hold back the tears as he stood before the ruined gas chamber where Leipziger's mother and sister were murdered more than 70 years ago.

The prime minister didn't speak much during the nearly three hours he spent walking

through the camp. But he did leave a message in a guest book kept by the Auschwitz-Birkenau State Museum.

"Tolerance is never sufficient," he wrote. "Humanity must learn to love our differences."

"Today we bear witness to humanity's capacity for deliberate cruelty and evil. May we ever remember this painful truth about ourselves, and may it strengthen our commitment to never allow such darkness to prevail."

"We shall never forget."

In an interview afterward, Leipziger, who has served on different Holocaust remembrance committees in Canada, said he tried to convey to Trudeau "the tragedy of what men did to men, the hatred which drove on group of people to murder another."

After visiting Auschwitz-Birkenau, Trudeau flew to Ukraine where he was to express Canada's solidarity with the country and sign a free trade agreement.

THE CANADIAN PRESS

ANIMALS

Puppy saved from coyote attack in Calgary



Brodie Thomas
Metro | Calgary

Olive the dog had a very "ruff" day on Saturday, but it could've been a lot worse were it not for the actions of some brave bystanders who stopped a coyote attack.

It all began when the one-year-old black lab's owner, Brent McConnell, was getting ready to take her for a walk. She was beside him in his Edgemont garage when she bolted towards the road. Although he didn't

see exactly what happened, McConnell believes that Olive ran into a moving vehicle, which he notes wasn't moving too fast.

Not injured, but definitely spooked, Olive ran off leaving McConnell, along with several members of his family, to mount a search party.

Meanwhile, several people driving near Nose Hill Park spotted Olive making her way up Shaganappi Trail.

Kendra Scurfield had been driving back from the airport when she saw Olive. She pulled over and for a time was able

to capture the pup with help from other motorists, until Olive wriggled loose from her collar and bolted again into the park.

"Then we see she found another dog. Then several dogs. And one of the guys goes, 'No, no. Those aren't dogs. Those are coyotes.'"

Zac Wulf Gillrie had pulled over to see what the commotion was. As soon as he got out of his car, he could see a pack of at least five coyotes circling around Olive and nipping at her. He along with several other men ran into the park to scare them off.

Gillrie worked as a ranger for the province in the past, and he wasn't too concerned about the coyotes. "The dog was extremely afraid — but of course you heard that Olive had been hit by a car — the coyotes sensed that."

Even once the coyotes were gone, Olive was still frightened and she wouldn't go towards any of her would-be helpers. They managed to chase her back towards Edgemont. Luckily, she recognized her own home and ran there. She was taken to a veterinarian where she was kept overnight for observation.



Olive the dog COURTESY BRENT MCCONNELL

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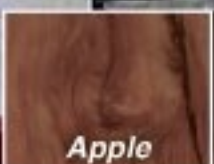


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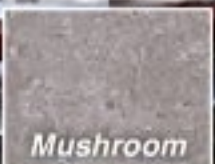


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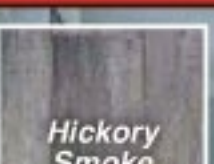
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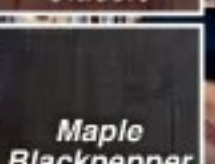
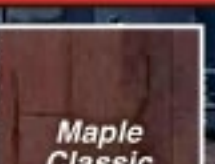


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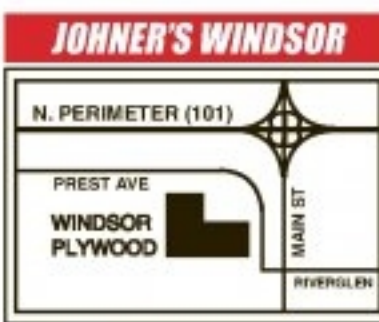
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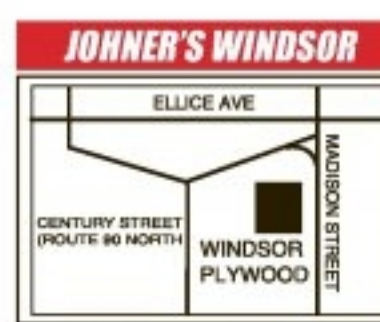
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Dallas suspect taunted police during standoff

SHOOTINGS

Authorities say gunman had personal arsenal at home

The suspect in the deadly attack on Dallas police taunted authorities during two hours of negotiations, laughing at them, singing and at one point asking how many officers he had shot, the police chief said Sunday.

The chief and the county's most senior elected official also said Micah Johnson had larger attack plans and possessed enough explosive material to inflict far greater harm.

"We're convinced that this suspect had other plans and thought that what he was doing was righteous and believed that he was going to target law enforcement — make us pay for what he sees as law enforcement's efforts to punish people of colour," Brown told CNN's State of the Union.

Johnson, a black Army veteran, insisted on speaking with a black negotiator and wrote in blood on the wall of a parking garage where police cornered and later killed him, Brown said.

The gunman wrote the letters "RB" and other markings, but the meaning was unclear. Investigators are trying to decipher the writing by looking through evidence from Johnson's suburban Dallas home, Brown said.



Police officers join parishioners of First Baptist Church in Dallas, Texas, as they gather on Sunday to pray for victims of Thursday's attack. LAURA BUCKMAN/AFP/GETTY IMAGES

son's suburban Dallas home, Brown said.

The writing suggested that Johnson was wounded in a shootout with police. An autopsy will confirm exactly how many times he was hit, Dallas County Judge Clay Jenkins said.

Authorities do not "have any independent report from an officer saying, 'I think I hit him,'"

Jenkins said.

The police chief defended the decision to kill Johnson with a bomb delivered by remote-controlled robot, saying negotiations went nowhere and that officers could not approach him without putting themselves in danger.

Brown said he became increasingly concerned that "at

a split second, he would charge us and take out many more before we would kill him."

The shootings marked the deadliest day for U.S. law enforcement since the Sept. 11, 2001, terrorist attacks. In all, 12 officers were shot just a few blocks from where President John F. Kennedy was slain in 1963.

So far, the evidence points to the attack being a "crime of opportunity," Jenkins said.

Investigators believe Johnson had been practicing and training for a long time and probably learned of the protest from so-

THE SUSPECT

Micah Johnson was a private first class with a specialty in carpentry and masonry.

He served in the Army Reserve for six years starting in 2009 and did one tour in Afghanistan from November 2013 to July 2014, the military said.

cial media and concluded there would be many police present.

Authorities have said the 25-year-old gunman kept a journal of combat tactics and had amassed a personal arsenal at his home that included bomb-making materials.

The fact that Johnson had material for explosives and talked of using homemade bombs during the standoff with police indicated he could have inflicted more damage with more time, Jenkins said.

Federal agents are trying to trace the origin of the weapons used in the attack, including a military-style semi-automatic rifle.

The attack began Thursday evening while hundreds of people were gathered to protest the police killings of Philando Castile, who was fatally shot near St. Paul, Minnesota, and Alton Sterling, who was shot in Louisiana after being pinned to the pavement by two white officers.

Video showed protesters marching along a downtown street about half a mile from city hall when shots erupted and the crowd scattered, seeking cover. THE ASSOCIATED PRESS

ALTON STERLING

Protests continue in Baton Rouge

Officers with rifles were blocking the ramps to keep protesters off Interstate 10 in downtown Baton Rouge Sunday, and about 130 people have been taken into custody as marches continue over shootings by police.

Gov. John Bel Edwards said he's "very proud" of the Louisiana law enforcement response to protests over the fatal shooting of a black man, Alton Sterling, by white police officers in the city.

Flanked by law enforcement leaders, Edwards said he doesn't believe officers have been overly aggressive by using riot gear to push protesters off a highway.

"The police tactics in response have been very moderate. I'm very proud of that," said the Democratic governor, who comes from a family of sheriffs.

Tensions between black citizens and police have risen palpably over the past week or so amid police shootings of African-American men in Minnesota and Louisiana and the gunning down of five white police officers by a black suspect in Dallas in apparent retaliation.

"I remain disappointed in the Baton Rouge police, who continue to provoke protesters for peacefully protesting. There's a lot of work to be done, with this police department specifically," said activist DeRay Mckesson.

THE ASSOCIATED PRESS



Protesters in Baton Rouge, La., Sunday. THE ASSOCIATED PRESS

“If this had not been a crime of opportunity where the protest was quickly organized in response to events in the same week ... he could have caused a lot more harm than he did.” Dallas County Judge Clay Jenkins

CLASHES

New wave of violence hits South Sudan

South Sudan's capital was rocked Sunday by heavy arms fire between forces loyal to the president and those of the vice-president, causing widespread casualties and raising fears the country is returning to civil war.

The fighting began in the morning and continued until about 8 p.m. local time, when a large thunderstorm seemed to put a damper on the violence, said UN mission spokeswoman Shantal Persaud. She confirmed that a UN armoured personnel carrier

was hit by a shell at a camp to protect civilians. UN peacekeepers in the vehicle were wounded, said witnesses.

"We have a lot of casualties this side, I think around 50 to 60 besides those of yesterday," said Budbud Chol, who oversees security at a clinic in the base. "We have rocket-propelled grenades that have landed in the camp which has wounded eight people." Among the wounded are five children and two women, he said. THE ASSOCIATED PRESS

ELECTION

Australian leader claims win, questions remain

Eight days after Australia's general election ended in uncertainty, the prime minister finally claimed victory Sunday for his conservative coalition, bringing an end to the country's political paralysis — for the moment.

With official results still pending, it was unclear whether Prime Minister Malcolm Turnbull's Liberal Party-led coalition had won enough votes to govern in its own right.

THE ASSOCIATED PRESS

SAN DIEGO

Third victim dies in attacks on homeless people in California

A man injured during a series of attacks on homeless men in San Diego died at a hospital Sunday — bringing the death toll to three, police said.

Dionicio Derek Vahidy, 23, died four days after he became the fourth and final victim in the attacks, police said. Vahidy had been in grave condition since Wednesday and had not been expected to survive.

Vahidy was from San Diego and was homeless, police said. He was attacked at an apart-

ment complex downtown, police said. A witness pulled away a burning cloth that the attacker put on him before fleeing.

In the days before the attack on Vahidy, two other men were killed and a third was severely injured. Three victims were sleeping alone, and two were set on fire.

On Thursday, Anthony Padgett, 36, was arrested on suspicion of murder, attempted murder and arson in the attacks.

He has not yet appeared in

court, and it's not clear whether he has hired an attorney. Attempts by The Associated Press to reach family members have been unsuccessful.

Padgett was arrested about a block from a trolley station in Chula Vista, the San Diego suburb where he was born.

The violence began July 3, when police found the badly burned remains of Angelo De Nardo. The 53-year-old died before his body was set on fire.

THE ASSOCIATED PRESS

IN BRIEF

**Canada Post drops
lockout threat**

Canada Post has backed off a threat to lock out 50,000 of its unionized workers on Monday.

Talks resumed Sunday and Canada Post has issued a statement that says it has withdrawn its lockout notice.

Canada Post says it hopes the union will not issue a strike notice, saying that would provide the certainty in the postal service that Canadians are looking for.

THE CANADIAN PRESS

**G20 ministers reiterate
calls for free trade**

Trade ministers from the G20 nations have called on their governments to roll back anti-trade measures that have become more pervasive than any time since 2009.

Following a meeting in Shanghai, they backed a set of nine core principles for global investment policymaking ahead of the G20 summit in Hangzhou.

THE ASSOCIATED PRESS

WORK

American women retiring in poverty

During their working years, women tend to earn less than men, and when they retire, they're more likely to live in poverty.

These are women who raised children and cared for sick and elderly family members, often taking what savings and income they do have and spending it on things besides their own retirement security.

The National Institute on Retirement Security, a non-profit research centre in the U.S., reports that women are 80 per cent more likely than men to be impoverished at age 65 and older. Women age 75 to 79 are three times more likely.

While experts cite a pay gap as a major cause for retirement insecurity, other factors play a role, from single parenthood and divorce to the fact that women typically live longer than men.

Joan Entmacher, vice-president for family economic security at the National Women's Law Center, says "the solution to the

retirement (funding) crisis starts with the earnings and wage gap."

That gap narrowed between the 1970s and 1990s, but stopped shrinking in 2001. Women earn about 76 cents to 79 cents on the dollar, compared with men.

Women are more likely to report that Social Security is the biggest source of income — 50 per cent to 38 per cent for men, according to a recent poll by The Associated Press-NORC Center for Public Affairs Research. Women are 14 percentage points less likely to say they will receive a pension.

Entmacher says women are more likely to take on caregiving responsibilities, which increases the likelihood they will end up working part-time jobs, often for lower wages, and without benefits such as pensions, sick leave and health care.

"The bulk of stay-at-home moms are not these high income, well-educated women that you read about," she says.

THE ASSOCIATED PRESS

76-79¢

Amount on the dollar women earn compared with men.



Tourists take in the views from the Glacier SkyWalk near the Columbia Icefields in Jasper National Park. THE CANADIAN PRESS

Climbing up the success mountain

TOURISM

Alberta hopes Rockies visitors will explore the whole province

Alberta's Rocky Mountains are once again bursting with visitors in what could be another banner year, but the government is hoping to get more tourists spending in other areas of the province as well.

"The Rockies are often the hook to get those international travellers to come," says Shelley Grollmuss, vice-president

of industry development at Travel Alberta.

"And then we work very hard with our industry partners to try and build road trips or other itineraries, where they can go into other areas of the province and explore."

It's all part of the province's plan to boost tourist spending from the \$8.3 billion in 2014 to \$10 billion by 2020, and to increase jobs in the industry as it works to further diversify an economy that has been heavily reliant on oil and gas.

Grollmuss says tourist numbers are helped by a low dollar that helps make Canada less expensive and more attractive

to international visitors.

An increase in direct international flights is also helping, Grollmuss says.

Hainan Airlines recently launched a direct flight from Beijing to Calgary at the end of June, while WestJet started flying direct to London in May.

But attendance at national parks in Alberta is making other attractions pale in comparison. Banff saw an eight per cent jump to 3.9 million visitors, Jasper was up five per cent to 2.3 million, and Waterton Lakes rose 16 per cent to 486,000 visitors for the financial year ended in March.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My boss showed up at my office team's after-hours function and ordered one of my colleagues to change seats so that he could have it. Is there anything anyone could have done about this?

Hi Ellen,

Our office team had a casual get-together. The manager arrived late, walked up to a person sitting in the middle of the table and told him, "I'll have this seat; you can go sit over there." The person obediently moved to the less desirable seat. I was shocked. Was the manager abusing his authority? What is the office etiquette in this situation? If it happens to me, should I obediently give up my seat, or speak up and risk getting fired?

Signed,
Mary

Dear Desperate,

I'm outraged on your behalf, but not actually shocked.

There's an artist named Jenny Holzer, whose work in the 1980s included neon signs spelling out slogans, and one in particular always stayed with me: "Abuse of power comes as no surprise." I first saw that piece when I was working for a series of friendly bosses, who were talented, encouraged good work, and were huge fun in social situations. But their many small abuses of power ultimately drained all respect I had for them as individuals.

It's so weak for anyone in a position of authority to take advantage of their situation, to claim attention and small luxuries for themselves after office

At least with a blatantly evil boss there's no pretence of mutual affection or respect.



© Ani Castillo

hours when they're already enjoying a higher salary and the power to control people's lives during the workday. And for you, the employee who isn't quite sure whether you're kicking back and relaxing as equals, or whether you're still at the beck and call of that smarmy b—d, it can be confusing and exhausting.

At least with a blatantly evil boss — the kind who gets off on torturing employees with overwork, underappreciation, passive-aggressive mind games or outright lying about raises and promotions, etc. — there's no pretence of mutual affection or respect. With the BEB, you can at

least spend many a pleasant hour (ideally, on company time) fantasizing about the day you find a better job and can crush them with a devastating exit speech. Or, even better, maybe you'll find something on the photocopier that will make it morally justifiable to blackmail them in order that you may ascend to the Iron Throne, whereupon you wouldn't actually physically torture them (torture is never justified), but they wouldn't know that, and they would really regret how crappy they were to everyone and suddenly realize how awful it is to be under someone else's thumb.

As for the etiquette in the situation you describe, your co-worker, by quietly moving to another seat, displayed far better manners than your flagrantly discourteous boss. And though no one's likely to get fired for refusing to give up a seat in a bar, we all know the trickle-down effect of not sucking up 24/7 to a power-tripping authority figure.

So if it happens to you, button your lip, do what you're told, and don't make the mistake of thinking your power-abusing boss is a friend.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Courts are proving that homelessness isn't just a fact of life

Some things seem intractable, until they are not.

In May, 2015, Medicine Hat, Alta., was basking in glowing headlines as the first city in Canada to claim it had eliminated homelessness, having created housing for people who had none and doggedly encouraged them to move in. It was a victory — and proof that one is possible — but it was not to be repeated by authorities elsewhere with any speed. Homelessness is still treated by most Canadian cities as unsolvable.

And that has forced courts to become our sometimes unwitting moral compass.

Last week, a B.C. Supreme Court judge ordered the disbandment of a swelling, controversial tent city outside a provincial courthouse in Victoria, and simultaneously handed its homeless dwellers and their advocates a legal victory. Chief Justice Christopher Hinkson ruled not only that the camp had become too unsafe — noting garbage, discarded needles and condoms, aggressive dogs, a changing population, and at least two rats nests — but also that the province couldn't just force people to pull down their tents; it has to find everyone a place to live by Aug. 8.

It's not the first time this judge has shamed politicians into more ethical treatment of their homeless constituents. Eight years ago, in another B.C. Supreme Court case, Hinkson ruled that homeless people's charter-enshrined

right to security of the person means they should be allowed to camp in city parks. In response, the City of Victoria enacted a bylaw against propping up tents in the daytime. But the measure doesn't extend to provincial land, such as the courthouse premises; hence the so-called "Super InTent City," which quickly flourished after appearing last year.

Victoria has a long, troubled history of homelessness, one many say has been inflamed by the tent-city legal battle. "It has drained Victoria of its compassion" was the diagnosis from beloved Times-Colonist columnist Jack Knox.

But advocates are also calling it a "historic victory." It certainly marks another crucial legal ruling. And once again it puts the courts on the moral high ground above ineffectual politicians: As the judge allowed the tent city to endure, the province was forced to act. In the last year, it "secured more than 300 units of transitional and permanent housing for people who are homeless," the Times-Colonist reported, and \$26 million in further funding. It's not a magic pill, but at least it's something. At least we have this very low bar, now, set by the courts: We all deserve a home.

The trouble now will be finding leaders outside Medicine Hat willing to believe it.

Search for 'Nth Wave,' Rosie's new podcast, on iTunes, Stitcher and Soundcloud.

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I feel that being a mum means you have a very real stake in the future of our country, a tangible stake. She possibly has nieces, nephews, lots of people, but I have children.
Britain's Conservative leadership candidate Andrea Leadsom, right, claiming she has an advantage over rival Theresa May, left.

Fertility apps rarely bear out

REPRODUCTIVE HEALTH

New study looks at 95 tools that claim to predict ovulation

There are dozens of smartphone and web apps women use to avoid pregnancy — but do they actually work?

Most don't, according to a new study from Georgetown University researchers. The peer-reviewed research, published in the latest issue of the *Journal of the American Board of Family Medicine*, looked at nearly 100 fertility awareness apps and found a majority aren't designed for avoiding pregnancy, nor based on evidence-based fertility awareness-based methods women often use to track their cycles — some to avoid conception, and others to aid in conceiving.

"I don't think the apps are necessarily helping women as much as they purport they are," says the study's lead author, Dr. Marguerite Duane, an adjunct associate professor at the Georgetown University School of Medicine and executive director of Fertility Appreciation Collaborative to Teach the Science.

And that's concerning, Duane says, given how popular these apps are becoming. The top apps have been downloaded more



When Jenn Tesluk and her husband decided to have kids, she tried two apps that showed her ovulation days, but each one gave a different answer. When either app told her she was ovulating, ovulation test strips didn't back it up. MARCUS OLENIUK/TORSTAR

than one million times each, her study notes.

The research looked at 95 apps in total, but eliminated 55 off the top because they either had a disclaimer prohibiting use for avoiding pregnancy or didn't claim to use evidence-based fertility awareness-based methods, which help predict fertile and infertile

times in a woman's cycle — systems such as the sympto-thermal method, which involves recording fertility clues like a woman's basal body temperature, mood, and cervical secretions.

Duane wouldn't recommend these apps for women trying to avoid pregnancy. "But if you want to track one of your periods coming, that's completely different," she adds.

When it came to the 40 apps Duane's team did review, 30 predicted fertile days for users and

10 didn't. The researchers entered in seven different "cycles" to test each app, with data that varied in cycle length and fertility observations — reflecting the diversity of real women.

While many women swear by apps, citing success stories like longtime pregnancy prevention or conception on the first go, others find them useless. Some women also end up using apps for both purposes — at first preventing pregnancy, then later in an attempt to conceive.

Pickering resident Jenn Tesluk also used an app to track her cycles while using different forms of birth control — from condoms to the NuvaRing — and eventually just to check when she'd be getting her period after she stopped using various birth control methods. But she didn't feel like the apps were totally reliable beyond period tracking. When it came to avoiding pregnancy, "we were just lucky," she says.

Later, when Tesluk and her husband Matt decided to have

+ CHECK IT OUT

Which widgets are accurate

Out of the 30 apps predicting a woman's fertile days, Dr. Marguerite Duane only recommends the top-rated apps in the study: **Ovulation Mentor**, **Sympto.org**, **iCycleBeads**, **LilyPro**, **Lady Cycle**, and **mfNFP.net** — which all had either a perfect score on accuracy or no days of fertility labelled as infertile.

kids, she tried two different apps that showed her ovulation days, but each one gave a different answer.

"It was really frustrating," she says. Her cycles, she adds, are a bit longer than the average woman — around 35 days, instead of the typical 28.

If apps are using that "typical" menstrual cycle, that might explain why many women wouldn't find them accurate, notes Dr. Yolanda Kirkham, an obstetrician-gynecologist at Women's College Hospital and St. Joseph's Heath Centre.

While Kirkham always encourages her patients to learn more about their cycles, she says the apps merely act as a tracking tool — and should be coupled with speaking to your doctor and learning how to gauge your own body.

"We can't rely just on computers. They don't know you personally. It's always much better to chart for yourself, rather than using a one-size-fits-all app," Kirkham says. TORSTAR NEWS SERVICE

“It's always much better to chart for yourself, rather than using a one-size-fits-all app. Dr. Yolanda Kirkham

AUGMENTED REALITY

Watch your step, would-be Pokemon Go masters

Beware: Pokemon Go, a new smartphone game based on cute Nintendo characters like Squirtle and Pikachu, can be harmful to your health.

The "augmented reality" game, which layers gameplay onto the physical world, became the top grossing app in the iPhone app store just days after its Wednesday release in the U.S., Australia and New Zealand. And players have already reported wiping out in a variety of ways as they wander the real world — eyes glued to their smartphone screens — in

search of digital monsters.

The game was created by Niantic Inc., a San Francisco spinoff of Google parent Alphabet Inc. that previously became known for a similar augmented-reality game called "Ingress."

To play, you fire up the game and then start trekking to prominent local landmarks — represented in the game as "Pokestops" — where you can gather supplies such as Pokeballs. Those are what you fling at online "pocket monsters," or Pokemon, to capture them for training. At other locations

called "gyms" — which may or may not be actual gyms in the real world — Pokemon battle one another for supremacy.

Naturally, the game has also induced people to post pictures of themselves on social media chasing creatures in all sorts of dangerous situations.

Zubat and Paras have appeared on car dashboards. Caterpies have been spotted at intersections. Ankle injuries, mishaps with revolving doors and walking into trees have been among the painful results.

Lindsay Plunkett, a 23-year-

old waitress in Asheville, North Carolina, made a point on Friday of parking six blocks away from the restaurant where she works, instead of the usual three. "Just so I could get some more Pokestops on the way," she says.

She's still nursing a bruised shin from the previous night, when she and her boyfriend spent hours wandering downtown in the rain. She tripped over a cinder block that had been used as a doorstep at a local women's museum.

THE ASSOCIATED PRESS



Lindsay Plunkett, 23, tripped over a cinder block doorstep while playing Pokemon Go. JUSTIN HARRISON VIA AP

YOU CAN DO THIS PERSONAL TRAINER/FITNESS INSTRUCTOR

Let's get physical

WHY I LIKE MY JOB

Stephen Sinanan, 41, Group Fitness Instructor at GoodLife Fitness in Toronto

I help people reach their fitness goals and potential. I've always been passionate about physical fitness, but it wasn't until my mid-30s when I realized I could convert this passion into a fulfilling career.

I made the decision to gradually part ways from a position in the publishing industry and started an accelerated training program in group exercise fundamentals. Several years later I still find my job the most rewarding thing I have done in my professional life. Seeing the excitement in participants' faces and knowing when they hit their fitness milestones is pure joy.

I landed my first gig as a Body Combat instructor with GoodLife Fitness. Since then I've progressed to teach a variety of fun programs that include dance, yoga, HIIT (high-intensity interval training) and aqua.

The job is more than just inspiring people to achieve five more push-ups; it's also about giving people the skills to deal with stress in a positive way. Nothing beats an endorphin rush to wash away the day's worries. Finally, connecting with people — both in and out of the studio — is what fuels my passion. I'm happy to know that I help people become the best version of themselves.



Stephen Sinanan can be found on Instagram @divasteve

THE BASICS: Personal trainer/Fitness instructor

\$39,473

Median salary for an intermediate-level personal trainer/fitness instructor. Those who master their skills in sports nutrition and training program development can earn up to **\$86,000 annually.**

+8%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, canadianfitness.net, goodlifefitness.com and onetonline.org.

HOW TO START

Although there is no formal educational requirement to jump into a career as a personal trainer or fitness instructor, most professionals find success in this field with a post-secondary credential in a health- or fitness-related discipline. The Can-Fit-Pro certification is a popular starting point, as students will learn the fundamentals of running personalized programs aimed at improving strength, flexibility and cardio fitness.

WHERE YOU CAN GO

Most professionals find work in recreation centres, gyms, resorts and hotels, or in private homes. A recent epidemic of sedentary living has resulted in an influx in heart disease, obesity, depression and other life-altering illnesses, and physical fitness is often prescribed as the most beneficial treatment. As such, more people are signing up for fitness classes and training plans to help lead healthier lives.

NEXT CAREER STEP

Those seeking career advancement may choose to pursue a degree in physical education, kinesiology or exercise science to obtain a position as head trainer, gym owner or fitness director. There are also a variety of senior-level roles centred on physical rehabilitation, weight management, nutrition, and program development.

How to start growing your personal economy

PERSONAL FINANCE

The right plan is always more relevant than market changes

Gail Vaz-Oxlade
For Metro Canada



Have you ever noticed that the

financial news is always full of some drama or another. The stock market is skyrocketing. The stock market is diving. The credit world is in meltdown. Savings are in the tank. Inflation is zooming up. The economy is suffering from stagflation.

People are swayed by the news. It creates stress and tension. Even the investment world is always responding to the news, although those folks should know better. In the book, *Why Smart People Make Big*

Money Mistakes, Gary Belsky and Thomas Gilovich cite a Harvard study of investment habits: "Investors who received no news performed better than those who received a constant stream of information, good or bad."

"In fact, among investors who were trading (a volatile stock), those who remained in the dark earned more than twice as much money as those whose trades were influenced by the media."

Their point is that invest-

ment decisions should not be made based on the market's most recent gyrations, but on your financial goals and the investment strategy that will achieve them.

There will always be something in the news. But does that something new always have an impact on you and your life?

Without a strong financial foundation, the economic woes are likely to have a bigger impact on you than you'd like. But if your personal economy

is strong, you'll have a plan, the resources and the flexibility to make it through the rough patches.

Focusing on your personal economy means putting the pieces into place that will protect you and give you some financial room to maneuver. Having clear financial goals helps.

It's good to know what's going on. But it's better not to have to care because you've built a personal economy that can weather the storm.

MONEY'S WORTH

Want to make your personal economy strong?

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"Looking forward to wearing some red white and blue in Rio": Rickie Fowler took to Twitter to say he'll represent the U.S. at the Olympics

Portugal spoils the party

EURO 2016
FINAL

Eder is the hero as hosts fail to capitalize on Ronaldo injury

Portugal overcame the loss of injured captain Cristiano Ronaldo to beat France 1-0 in the European Championship final on Sunday, with a goal in extra time from substitute Eder securing their country's first football title.

Just as the final looked destined for a penalty shootout, Eder cut through the French defence and struck a low shot from 25 metres (yards) past goal-keeper Hugo Lloris in the 109th minute at the Stade de France.

Twelve years after losing to Greece on home soil in their last appearance in the final, it was Portugal's turn to spoil the host nation's party. And they achieved it after winning only one of their seven games at Euro 2016 inside 90 minutes, and after losing the inspirational Ronaldo midway through the first half.

"It was tough because we lost our main man and we had all our hopes

SUNDAY In Saint-Denis



pinned on him because he's a player who can score a goal at any minute," Portugal defender Pepe said. "When he said he couldn't go on, I tried to tell my teammates that we have to win it for him. That we were going to fight for him." And they did.

Red and green confetti descended from the roof onto Ronaldo and his victorious teammates as supporters of the hosts flooded out of the stadium, denied a third victory on French soil to add to Euro '84 and the 1998 World Cup.

"Football can be very cruel," said Lloris, France's captain. "The overriding emotion is a lot of sadness." It was a mostly dull and stodgy final but the record books will only show that Portugal went from third-



Antoine Griezmann
GETTY IMAGES



Portugal's forward Cristiano Ronaldo, centre, lifts the trophy as he celebrates with teammates winning the Euro 2016 final. FRANCISCO LEONG/AFP/GETTY IMAGES

place in its group to champion, and with little help from Ronaldo in its last match.

European football's biggest game lost its biggest name after 25 minutes of a cagey final on the outskirts of the French capital. "Today I had bad luck because I had a small injury in the beginning of the teams, but my colleagues did their part — they run, they fight ... nobody believed in Portugal but we won," Ronaldo said.

Even France forward Antoine Griezmann, the tournament's leading scorer, couldn't rise to the big occasion. There was no seventh goal of Euro 2016 from the Atletico Madrid forward, who also lost out in the Champions League final six weeks ago to Ronaldo's Real Madrid.

Griezmann was the first player to find the target, but his header was tipped over by Rui Patrício, who was formidable in the Portugal goal. When an

inviting cross from Kingsley Coman was delivered in the 66th, Griezmann missed with a free header.

Only once was Patrício beaten, when Andre-Pierre Gignac's shot hit the inside of the post but it came back out. Luck was on Portugal's side, and Eder was able to strike the decisive blow.

"It's something unbelievable in my career, something I deserve," Ronaldo said.

THE ASSOCIATED PRESS

IN BRIEF

Lang wins women's U.S. Open after 3-hole playoff

Brittany Lang won her first career major at the U.S. Women's Open when Anna Nordqvist touched the sand with her club in a bunker for a two-stroke penalty in the three-hole aggregate playoff on Sunday.

The penalty occurred on the second hole of the playoff after officials reviewed replays in the latest controversy at a USGA event. Lang sealed the win with a short par putt on the final playoff hole, while Nordqvist made bogey to lose by three shots. THE ASSOCIATED PRESS

Frøome still in yellow as Contador pulls out of Tour

Dutch rider Tom Dumoulin won the toughest Tour de France stage in the Pyrenees with a solo breakaway while Briton Chris Froome held onto the yellow jersey in a hailstorm Sunday.

The ninth stage featured five demanding climbs, including an uphill, beyond-category finish in Arcalis.

Two-time champion Alberto Contador pulled out of the famous race with an illness. THE ASSOCIATED PRESS

Hamilton successful in defending title at home

Defending Formula One champion Lewis Hamilton reeled off his fourth win in five races Sunday at the British Grand Prix.

The Mercedes driver's victory completes a hat trick of consecutive home wins at the British Grand Prix, and is his fourth win on home soil and the 47th of his career.

THE ASSOCIATED PRESS

Canadian men's basketball team falls short of Rio

Canada's men's basketball team saw its dreams of playing in the Rio Olympics dashed. The Canadians lost 83-74 to France in Sunday's heartbreaking final of FIBA's last-chance Olympic qualifying tournament in Manila, Philippines.

Toronto Raptors guard Cory Joseph had 20 points and six assists to lead the Canadians, who were hoping to make their first Olympic appearance since the 2000 Sydney Games.

THE CANADIAN PRESS



Canada's Milos Raonic holds the runner-up plate behind champion Andy Murray. ANDY COULDRIDGE/THE ASSOCIATED PRESS

WIMBLEDON

History eludes Milos as Murray takes title

Milos Raonic battled all match trying to get to a level that was "good enough" to make him Canada's first Grand Slam singles champion.

In the end, he couldn't quite get there. The Thornhill, Ont., product lost in straight sets to Scotland's Andy Murray in the Wimbledon final Sunday in the first major singles championship match to feature a Canadian man.

"That's pretty much the thing you're fighting the most, is to try to find a level that's good enough," Raonic said. "I was keeping up with him but

when it counted I wasn't able to get on top."

Murray, the local favourite, topped the 25-year-old Raonic 6-4, 7-6, 7-6 to capture his second Wimbledon title and third major championship.

Raonic, who came into the match on a high after beating Swiss superstar Roger Federer in a five-set semifinal thriller on Friday, had a solid run at this year's tournament.

Eugenie Bouchard of Westmount, Que., is the only Canadian female to play in a Grand Slam singles final. She lost to Petra Kvitová at Wimbledon in



Serena Williams
GETTY IMAGES

17-year-old Shapovalov, from Richmond Hill, Ont., bounced back from a 6-4 loss in the first set to take the next two, 6-1, 6-3 respectively.

Meanwhile, Serena Williams

won her record-tying 22nd Grand Slam title by beating Angelique Kerber 7-5, 6-3 in the Wimbledon final on Saturday. Williams pulled even with Steffi Graf for the most major championships in the Open era, which began in 1968.

Serena and sister Venus also won their sixth doubles championship at Wimbledon and 14th as a pair at all Grand Slam tournaments by beating fifth-seeded Timea Babos of Hungary and Yaroslava Shvedova of Kazakhstan 6-3, 6-4.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

RECIPE Corn and Black Bean Couscous



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love mixing the season's fresh ingredients into easy-to-cook grains like couscous. We also like eating these dishes outside with a ice cold beverage.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

Ingredients

- 1 package couscous, cooked according to package directions
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing

- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cut corn kernels from boiled cob. Pour cooked couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta.

2. Meanwhile, in a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

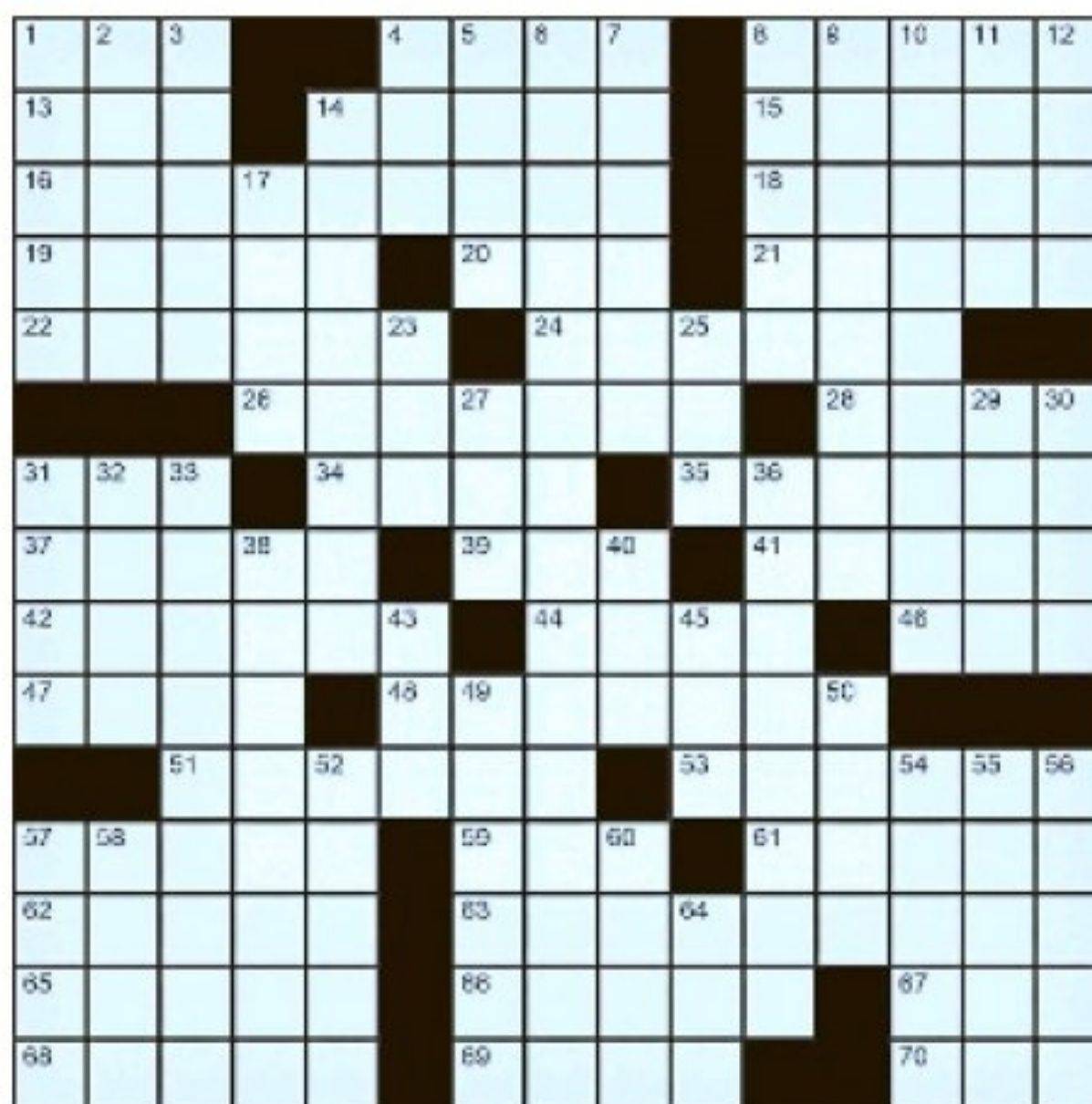
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Bug
4. Bought - but then taken back to the store [abbr.]
8. Scatter
13. Suffix with 'Chlor'
14. Actress Anne
15. Dried plum
16. Star/composer/creator of the hit musical at #14-Down, _ _ Miranda
18. Ceiling of sorts
19. Levi's material
20. Exec. level
21. Citric and Glycolic
22. Kangaroo logo shampoo
24. "Strut" by Sheena _
26. Detox
28. Pro _ (in proportion)
31. "..._ mouse?"
34. _ messaging
35. Eugenie Bouchard's sport
37. Large in scale
39. Street for Freddy
41. Climbing leguminous plant
42. Emergency signals
44. "..._ bug!"
46. "... Pilot" by Eric Burdon & The Animals
47. Nautical mile
48. Pancakes cooker
51. Julius Caesar conspirator
53. Ete: English
57. Anew
59. _-mo replay
61. "I Was _ War Bride" (1949)
62. Filled



63. Sewing kit item: 2 wds.
65. Full of life
66. Hole- _ _
67. Geog. co-ordinate
68. Indiana basketball
69. Edge tool

70. Conductor, _ Pekka Salonen

DOWN

1. Ms. Swinton
2. "Bon voyage!"
3. Actor Mr. Badgley's
4. Stimp's cartoon co-star

5. _ Secum, Nova Scotia
6. PEI nickname: 3 wds.
7. Ms. Burke's of "Designing Women"
8. Tomato-hitting-the-ground sound
9. Three-pointed-brim hat, variantly

10. Goats and giraffes
11. This '90s Canuck hit's bit: "...I was three inches shorter then..."
12. Drenches
14. Tony-winning musical ...sharing the name of a southern Ontario city

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This will be a challenging Monday, because your home routine will be interrupted in some way. Small appliances might break down, or minor breakages could occur. It could be anything.

Taurus April 21 - May 21
This is an accident-prone day, which means you have to pay attention to everything you say and do. Guard against knee-jerk reactions. Don't be hasty.

Gemini May 22 - June 21
Keep an eye on your money and cash flow, because you might find money; however, you also might lose money! In all cash transactions, check your bill and count your change.

Cancer June 22 - July 23
Your mind is stimulated today, which is why you are intrigued by everything going on around you. But this also might be a nerve-racking day full of little surprises and upsets.

Leo July 24 - Aug. 23
Today your energy is nervous and scattered. Don't worry, because this is a brief influence. Nevertheless, avoid work that requires concentration and attention to detail.

Virgo Aug. 24 - Sept. 23
You might meet somebody new and unusual today. Or possibly, someone you know will do something that surprises you. It's an unpredictable day.

Libra Sept. 24 - Oct. 23
Relations with authority figures could go either way today. They might offer you something new and exciting, or they might say something that upsets you.

Scorpio Oct. 24 - Nov. 22
Travel plans will be canceled, delayed or rescheduled today. Likewise, schedules for higher education (technical schools, colleges and universities) will be changed as well.

Sagittarius Nov. 23 - Dec. 21
Unexpected news that impacts shared property, taxes, debt or inheritances might catch you off guard today. Make sure you get your information right.

Capricorn Dec. 22 - Jan. 20
A conversation with a partner or close friend will have a few surprises for you today. Or perhaps someone will say something that inspires you. It could be anything.

Aquarius Jan. 21 - Feb. 19
Computer crashes, power outages, cancelled meetings and staff shortages are just a few reasons why your work day will be different. But you also might have an exciting change!

Pisces Feb. 20 - March 20
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social engagements and sports events could be canceled or changed. Hmmm.

CONCEPTIS SUDOKU by Dave Green

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